



Lincoln Frocks 214 Petty Officers

By MCSN KATHLEEN CORONA
Penny Press staff

Two hundred fourteen Sailors on board USS Abraham Lincoln (CVN 72) were promoted to the next highest pay grade in a frocking ceremony in the ship's hangar bay June 7.

"It is a privilege and an honor to recognize the personal and professional accomplishments of these Sailors," said Capt. C. A. McCawley, Lincoln's Commanding Officer to guests and the assembled crew.

The newly promoted petty officers were warned by McCawley that with their new rank would come more responsibility; more would be expected of them.

"You now have more influence on the success of Abraham Lincoln," he said.

"The greatest benefactor of your accomplishments, both personal and professional, is Abraham Lincoln and the U.S. Navy," he said.

For many new petty officers, the promotion was an exciting, but nerve wrecking experience.

"I'm nervous about being a 3rd class because of the responsibility that comes with it," said Aviation Ordnanceman 3rd Class Orlando Castro. "It's a big deal, but I'm really excited about it."



Photo By MC3 James R. Evans

Frockees stand by after receiving their frocking letters from Commanding Officer of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) Captain C.A. McCawley during a ceremony held in Lincoln's hangar bay June 7. Two hundred fourteen Sailors were frocked to the next respective rate during the ceremony.

The 214 petty officers were individually called to the stage by McCawley to receive their promotion certificates from their department officers and department leading chief petty officers.

At the end of the ceremony, family, friends and shipmates had an

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NMA Recognizes Four Outstanding Lincoln Leaders

By MCSN BRANDON WILSON
Penny Press Staff

Four USS Abraham Lincoln (CVN 72) Sailors were announced the winners of the Navy Marine Corps Association (NMA) Leadership Award June 4.

Cmdr. Brad Margeson, Lt. Cmdr. James Conatser, Lt. Jeffery Richter, and Senior Chief Hospital Corpsman

(SW) Timothy Stewart were acknowledged for their leadership skills and professionalism during 2006.

"I was a bit surprised and flattered," Conatser said. "I've never been accused of being an inspirational leader before."

The NMA Leadership Award is presented every year to four recipients of every aviation command assigned to Naval Air Forces who have been

proven amongst their peers to be up-and-coming leaders.

All crewmembers who were eligible voted for peers whom they thought deserved the award. The individuals who had the most votes were asked to vote again for the actual winners.

"I was humbled, honored to be recognized by my peers, especially in a group that's so competitive," Margeson

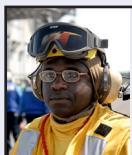
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opportunity to congratulate the newly promoted Sailors.

"This is a significant milestone for 214 Abraham Lincoln Sailors," McCawley said.

"Frocking" is a uniquely Navy practice; the person being frocked will be able to wear the uniform of petty officer third, second or first class and will be able to assume all duties of those ranks, but will not receive the increased pay until their actual promotion date.



New chevrons grace the arms of Lincoln's frockees as they wait to receive their frocking letters during a promotion ceremony in USS Abraham Lincoln's Hangar Bay June 7.

Photo By MCSN Brandon Wilson

NMA

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said. "I don't think I was more deserving than anyone else. In the 22 years I've been in the Navy, I've never been attached to such a team of hard-charging folks."

Conatser believes he was chosen in the category for Lieutenant Commanders because he may have been recognized for his attention to small details that make up a proper working atmosphere.

"I think things like punctuality, appearance, and professional courtesies are important," Conatser said. "Hopefully I challenge others to do the same. Focus on your job and do it well, and you and the Navy will benefit."

Richter, from Lincoln's Operations Administration, said he won his second NMA Leadership Award in the category for ranks of Chief Warrant Officer Two through Lieutenant by respecting not

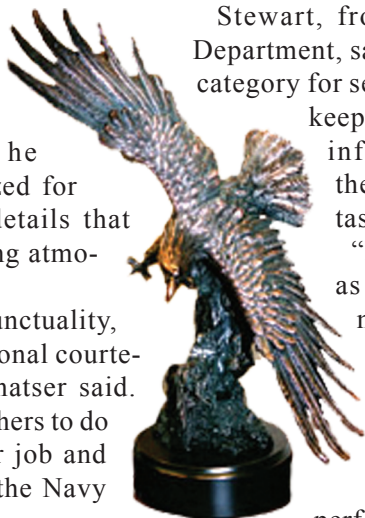
only the people he works for, but the people who work for him.

"It's not about ripping people out," Richter said. "I was a prior enlisted E-3 20 years ago. You have to remember where you came from."

Stewart, from Lincoln's Medical Department, said he was chosen in the category for senior enlisted Sailors by keeping his coworkers well-informed and by giving them praise for whatever task they complete.

"I don't think of myself as an aspiring leader as much as I am a facilitator," Stewart said. "If people know all that there is that needs to be done or have a reason to do it, they perform. No reason, no performance."

A ceremony in which NMA Leadership trophies are to be awarded to the four recipients is expected to be held this fall.



Stop by MWR for some \$5 movie tickets and catch "The Fantastic 4: Rise of the Silver Surfer" in theaters June 15

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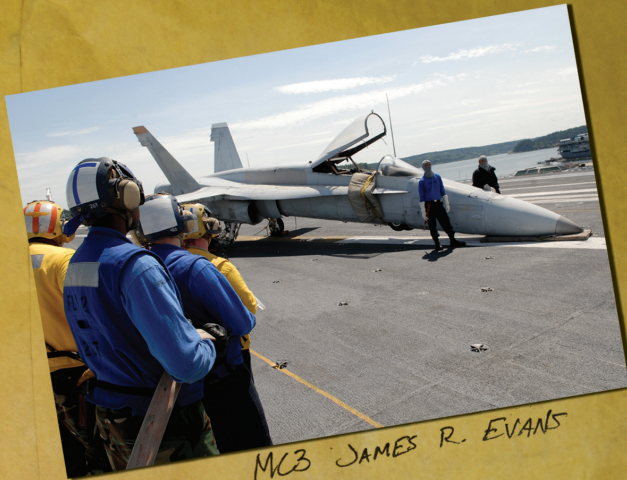


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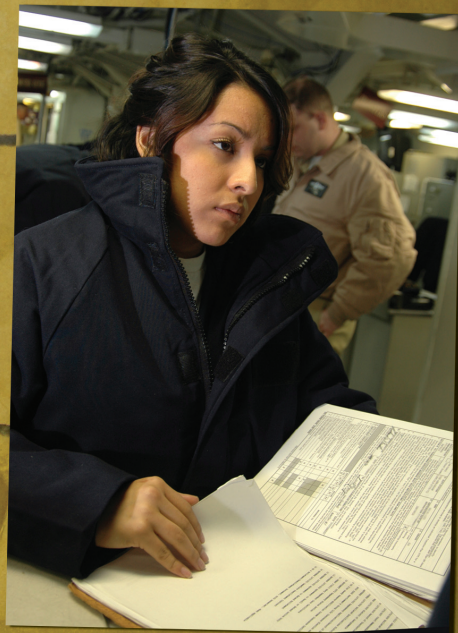


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Local Stories

Eleven Years Aboard Abe and Still Going Strong

By MCSN BRAD WAGES
Penny Press Staff

In the three to five years a Sailor is part of the crew of an aircraft carrier, he will become familiar with the rhythm of life onboard, its multitude of spaces and thousands of crewmembers.

For Aviation Boatswain's Mate 1st Class (AW) Corey Cooper, however, the ship means even more. For him, the Lincoln is like a second home.

Cooper, a flight deck petty officer in Abe's Air Department, has been a member of the Lincoln's crew for more than 11 years. He is on his third Lincoln tour, the first starting back in 1989.

"When I first got to the Lincoln, it was still in the shipyard at Newport News, Virginia for precommissioning," Cooper said. "It was so massive, it was a little intimidating." Cooper said the work was not too difficult. "The workload was fairly easy at that point. We only worked from about 7 in the morning to 12 in the afternoon."

Cooper made Lincoln's first shakedown cruise and then five of eight deployments, only missing those in 1993, 1994 and 2002.

"During my first cruise, we went around the Horn, visited the Virgin Islands, Rio de Janeiro, Chile, Australia, and all around Asia. It was amazing," Cooper said. After his first tour on board, Cooper traveled across the country for shore duty at the brand-new facilities at Naval Station Everett in Washington state.

Cooper returned to the Lincoln in Bremerton, Wash., in 1996. "After Everett, I wanted to go to the East Coast. But my wife is from Washington. So when I found out the Lincoln was coming to Everett, I signed back up."

He returned to the Lincoln in 2004 for his third and current tour after instructor duty at Great Lakes, Ill. Cooper said he'll most likely end up retiring on Lincoln, the ship where his Navy career began.



Photo By MC3 James R. Evans

Aviation Boatswain's Mate 1st Class (AW) Corey Cooper takes a breather after taking part in flight deck drills aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN-72) during Tuesday's General Quarters Drill. Cooper has served three tours aboard Lincoln for a total of 11 years on the ship, including five deployments.

Cooper describes life aboard the Lincoln as fast-paced. "This is definitely a sea-going carrier. If you're a Sailor who wants to be out to sea a lot, this is the ship to be on."



June 15, 1991

-Two battle groups and amphibious ships evacuate Air Force personnel from Clark Air Force Base in the Philippines when Mount Pinatubo erupts.

June 15, 1944

-5th Fleet lands Marines on Saipan.

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Arts & Entertainment

Ocean's 13 Almost Makes Up For Ocean's 12

By MCSN JOSEPH SCARBERRY
Penny Press Movie Correspondent

Daniel Ocean (George Clooney) and gang convene once more for yet another casino heist. This time, things are a bit more personal when the casino's owner, Willy Bank (Al Pacino) double crosses Danny's mentor and very close friend, Rueben Tishkoff (Elliot Gould).

Most of the cast is very familiar from the first two films, and their performances were much better than they were in the last film in the franchise.

George Clooney, as Danny Ocean, is a notable figure from both "Ocean's Eleven" and "Ocean's Twelve" and is also the star from TV's "ER."

Rusty Ryan (Brad Pitt) and Linus Caldwell (Matt Damon) also played major roles in the film. Brad Pitt recently performed in "Babel" and "Mr. & Mrs. Smith" while Matt Damon starred in both "Bourne Supremacy" and "Bourne Identity."

Despite being the impetus for a third installment of the series, Ruben Tishkoff (Elliot Gould) played a much smaller role in this film than he has previously.

Livingston Dell (Eddie Jemison), Basher Tarr (Don Cheadle), Saul Bloom (Carl Reiner), Frank Catton (Bernie Mac), and Yen (Shaobo Qin) all played parts of about the same importance as they have in the

other two films. They're there, they're mostly key roles for the heist, but they don't get the screen time they deserve.

Virgil (Casey Affleck) and Turk Malloy (Scott Caan) play next to no role in the film, though they still see a bit of screen time.

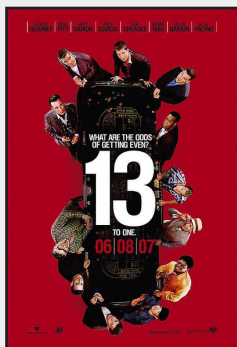
Now it brings us to mobster movie legend Al Pacino as Willy Bank. His character is mean, evil, and a conniver, and nothing more could be asked of Pacino for this role. As in the past, he shines brightly on the silver screen, even as a villain.

The shots and scenery are beautiful, as Las Vegas always is. The direction was much better than in the second film, and the actors all knew their place and didn't look quite as lost.

Everything expected of an "Ocean's" movie is present. A dazzling heist, clever and witty remarks, and anti-heroes galore all represent the franchise properly in this installment.

All in all, "Ocean's Thirteen" is worth taking some time off to see in the theaters if you enjoyed the previous two films

in the trilogy.



Three and a half very berry Scarberries for this delightful caper, if you can burgle them from his secret lair.

Tough Cookies-- and How to Deal With Them

By CS3 RYAN P. ANDERSON
Penny Press Cooking Correspondent

Hello there shipmates! Culinary Specialist 3rd Class Anderson here to answer any cooking questions you might have in this week's column of "Ask a Cook."

"Usually when I am trying to bake cookies they always end up coming out of the oven too hard even though I followed the directions in the recipe to the letter. Is there any way to find out what causes this?"

— Cookieless in Seattle

Well to answer your question, there are a whole bunch of reasons, from the oven temp to the cookie sheets to how they're stored. First, you may not have used enough liquid. Be sure to measure ingredients carefully. To measure water, place a liquid measuring cup on your counter, pour in the water, bend down and check the amount at eye level. If you're making cutout sugar cookies, don't use too much flour.

Next, the oven temp may have been too high and/or

the cookies may have baked too long. Double-check the setting. If it's accurate and you think your oven is too hot, you may have to experiment a bit with the baking time. Check the cookies at the minimum baking time to see if they're done.

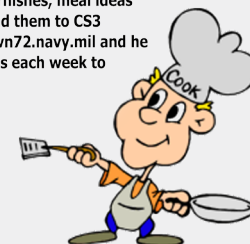
Dark, nonstick cookie sheets will give you hard cookies. Try compensating for this by reducing the oven temp 25°F. And finally, store cookies in a tightly covered container.

Just remember cooking is an art form. The only way to get better is through practice, practice, practice. Just because your cookies don't come out right the first time, don't give up; try new methods and find out what works for you.



ASK A COOK!

Do you have questions regarding the culinary arts (dessert tips, easy to make garnishes, meal ideas for that special occasion)? Send them to CS3 Anderson at anderson.ryan@cvn72.navy.mil and he will pick two or three questions each week to answer in his column.



Local Stories



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MC3 (SW/AW) Patrick Bonafede

Navy Chief of Chaplains, Rear Adm. Robert F. Burt speaks with members of USS Abraham Lincoln's (CVN 72) Religious Ministries Department in Lincoln's chapel during a visit to the ship Wednesday. Burt, who was visiting Navy Region Northwest, was invited by Lincoln's Command Chaplain (Cmdr.) Bryan Finch to have lunch on board and speak with Lincoln's Religious Ministries personnel.

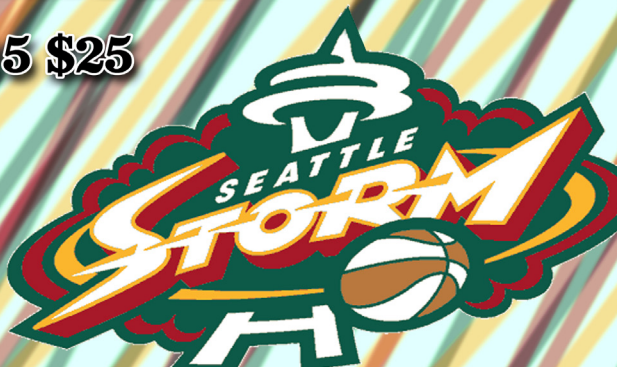
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Editor's Top 10

Father's Day Special-- Top 10 Things We Learned From Our Dad

10. Instruction booklets are for losers.

9. After suffering an electrical shock while trying to fix a household appliance (without instructions) do a little dance and "shake it off."

8. Fishing solves everything.

7. How to go to the bathroom without a toilet.

6. What mom doesn't know can't hurt us.

5. Mowing the lawn in a bathrobe at 7 a.m. is a good way to impress the neighbors.

4. The football players on television can indeed hear your screaming and their game will improve accordingly.

3. Dad knows everything, even why the sky is blue or the meaning of life.

2. How to pick up chicks like mom.

1. Dad is never lost. He knows exactly where he is at all times; he just likes the "scenic routes" sometimes.